MAIN ST.

June, 1979

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June 1979
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Main St

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6 **James Bruce Joseph Sievers** stepped on his watch, lost all track of time, and America gained an extraordinary poet. Join Joie Martell as she interviews this exciting man.

8 **Every summer the tourists come** to HB. In cars, trucks, and on skateboards and bikes they come. HB locals often shriek, "Tourist go home!" Bill McCants probes the myths and misunderstandings of the tourist phenomenon.

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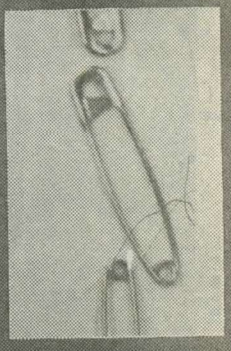

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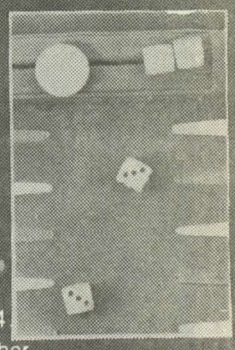

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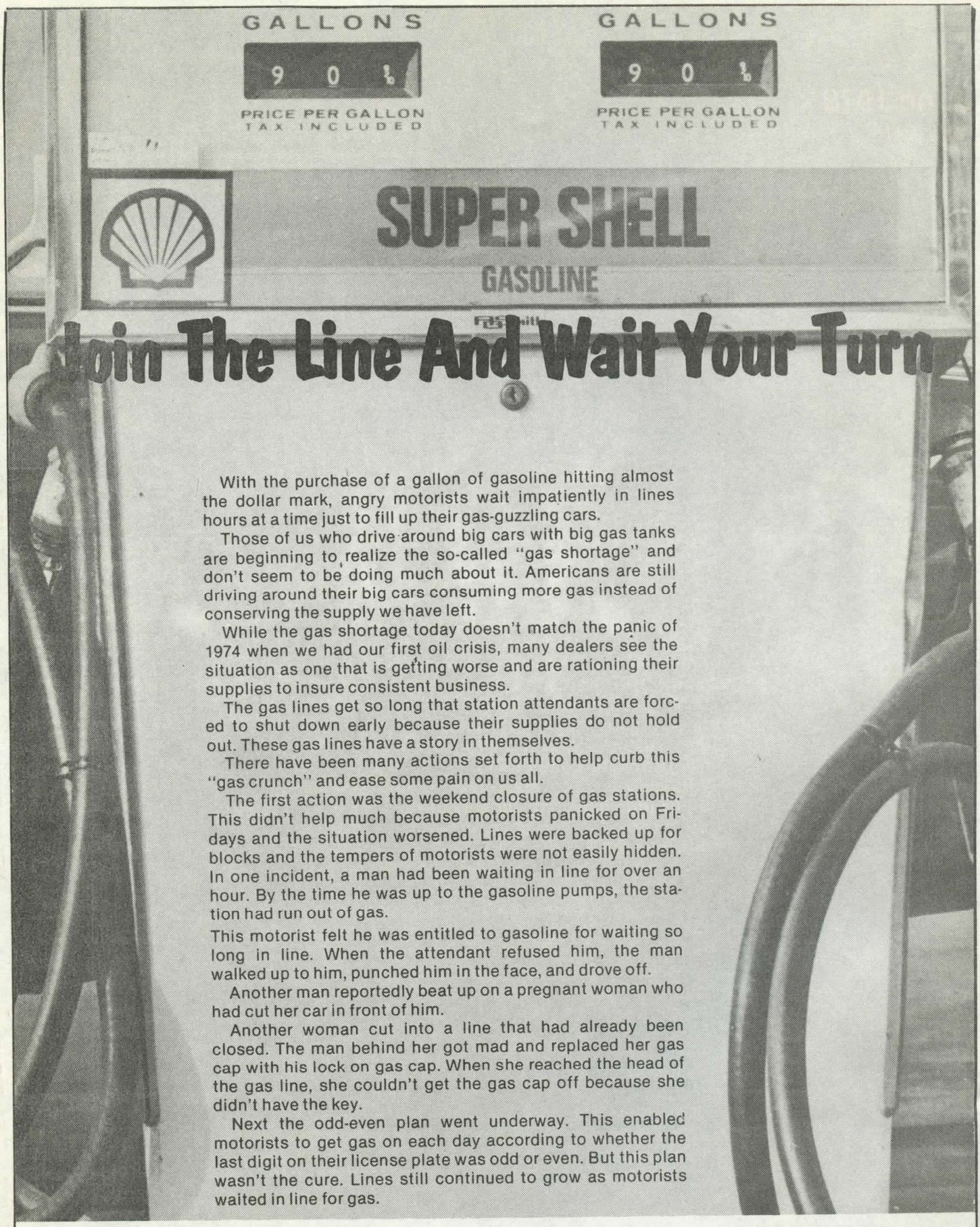
photos by Rex Strother

ON THE COVER: Rex climbs to heights never before reached. In this daring photo, ol' HB is exposed in all its glory. Atop a light pole, Rex defied gravity and fear of the unknown to bring us this insight.



Join The Line And Wait Your Turn

With the purchase of a gallon of gasoline hitting almost the dollar mark, angry motorists wait impatiently in lines hours at a time just to fill up their gas-guzzling cars.

Those of us who drive around big cars with big gas tanks are beginning to realize the so-called "gas shortage" and don't seem to be doing much about it. Americans are still driving around their big cars consuming more gas instead of conserving the supply we have left.

While the gas shortage today doesn't match the panic of 1974 when we had our first oil crisis, many dealers see the situation as one that is getting worse and are rationing their supplies to insure consistent business.

The gas lines get so long that station attendants are forced to shut down early because their supplies do not hold out. These gas lines have a story in themselves.

There have been many actions set forth to help curb this "gas crunch" and ease some pain on us all.

The first action was the weekend closure of gas stations. This didn't help much because motorists panicked on Fridays and the situation worsened. Lines were backed up for blocks and the tempers of motorists were not easily hidden. In one incident, a man had been waiting in line for over an hour. By the time he was up to the gasoline pumps, the station had run out of gas.

This motorist felt he was entitled to gasoline for waiting so long in line. When the attendant refused him, the man walked up to him, punched him in the face, and drove off.

Another man reportedly beat up on a pregnant woman who had cut her car in front of him.

Another woman cut into a line that had already been closed. The man behind her got mad and replaced her gas cap with his lock on gas cap. When she reached the head of the gas line, she couldn't get the gas cap off because she didn't have the key.

Next the odd-even plan went underway. This enabled motorists to get gas on each day according to whether the last digit on their license plate was odd or even. But this plan wasn't the cure. Lines still continued to grow as motorists waited in line for gas.

photo by Rex Strother

photo by Rex Strother

Throughout Southern California and the nation, long gas lines like these seemed a nice way to "top off" the year.

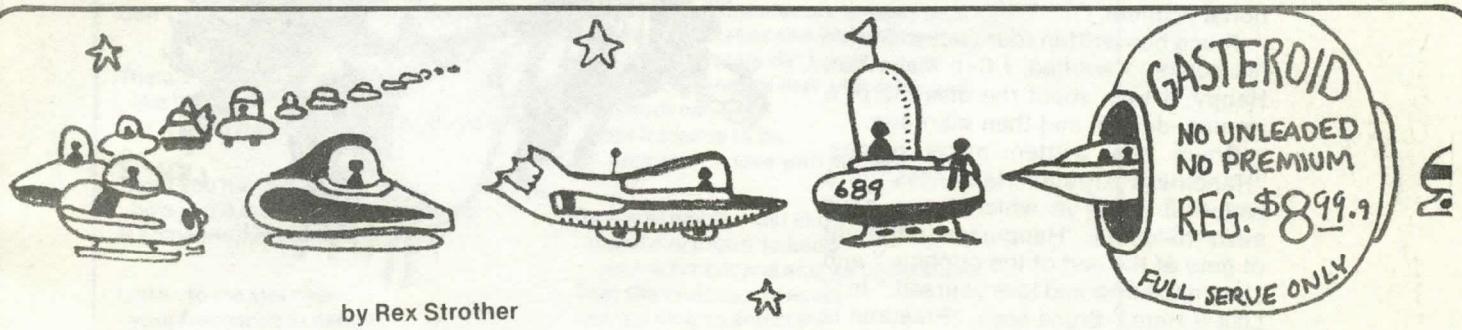
Because gasoline supplies are limited, most oil companies have confined the amount of fuel they sell to dealers to about 90 percent of last year's levels. Gas stations are receiving smaller supplies of gas and are forced to raise their prices in order to make a profit.

Some dealers are discouraging their customers by posting gas prices at 99.9 cents a gallon, while others require a $5 minimum purchase. Complaints have also been made against gas station-car washes that won't sell gas to any customer who won't buy a car wash also.

Two Orange County dealers have really taken this gas shortage seriously and have issued "perferred customer" stickers to their regular customers. According to a recent article in the Register, these dealers feel that if the oil crunch gets worse, gas will be reserved for customers whose cars bear these stickers. "If I have gas, I'm going to have it for my regular customers first," stated Santa Ana Texaco dealer George Grenrod. "I owe it to those who have been faithful to me. I know all of my regular customers by name because they've been customers not only for gas but for service."

Doug Bennett, an El Toro Union '76 dealer stated that 90 percent of the gas shortage is caused by consumers who panic when their tank reaches the half way mark and they run to the gas station to get it filled up. That just uses the gas needed for those with empty tanks.

Still with gas now going for an average of 94 cents a gallon and topping $1 at some stations, Americans will continue to consume gallon after gallon instead of conserving before our supply runs out. And where will the future lead?



by Rex Strother

The ride was bumpy, but when you take into account my predicament, you must allow the sacrificing of small luxuries. "The Improbable," my faithful starship, tesseracted towards the mysterious green star around which swung the even more ridiculous planet "Dyspepsia." And I was on a quarter-tank.

Horror set in, gripping my mind like a tight hat. But my pen flashed on and there was no stopping this poorly-written parody.

In desperation, I tried a little backwoods hyperdrive crystal station I knew of in the Pleadies, but even it had a line backed up to Cygnus X-1. I thought of borrowing a mega-litre crystal can from Old Man Crab Nebula, but sent the thought scurrying from whence it came. He was such a grouch, he'd demolecularize you if you so much as set a vapor trail in his quadrant. I would have to wait in line.

Mind you, it was no simple decision to make. A starship idles at 97% the speed of light, so that computation, allowing for Einstein's laws, shows that every hour I should wait, the Earth will age three thousand years.

I waited three days before I was even in sight of the microwave pump fields. On the second day, a laser duel had erupted between a cruiser and a Force II star fighter, when the cruiser tried to warp ahead in line. Quite a silly move for a cruiser to make, considering how completely outfitted a Force II is for interstellar warfare.

In the final reckoning, I reached the pump field in five days, or 225 thousand Earth years. I floated out the hermetic airlock and undid the molecular static bonding cap. Jetting along my umbilical towards the pump nozzle, my eye caught sight of a sign over the pump. I froze. I cried, the tears turning to snow inside my visor. I didn't hear, or maybe I ignored the honks and catcalls behind me. For you see, today was even, and I was odd.

Traveling Poet

"An American in love with his country"

by Joie Martell

James Bruce Joseph Sievers took a tour of the United States after being discharged from the army. The former Green Beret decided to "hang loose" and see the world because he was tried of army life. He traveled 45,000 miles of the U.S. He stepped on his watch, loosing all track of time. "Without time, I'm never late," he said. He has come to the conclusion that, "Freedom can never be free." He shares many of his experiences and feelings with us in his poetry.

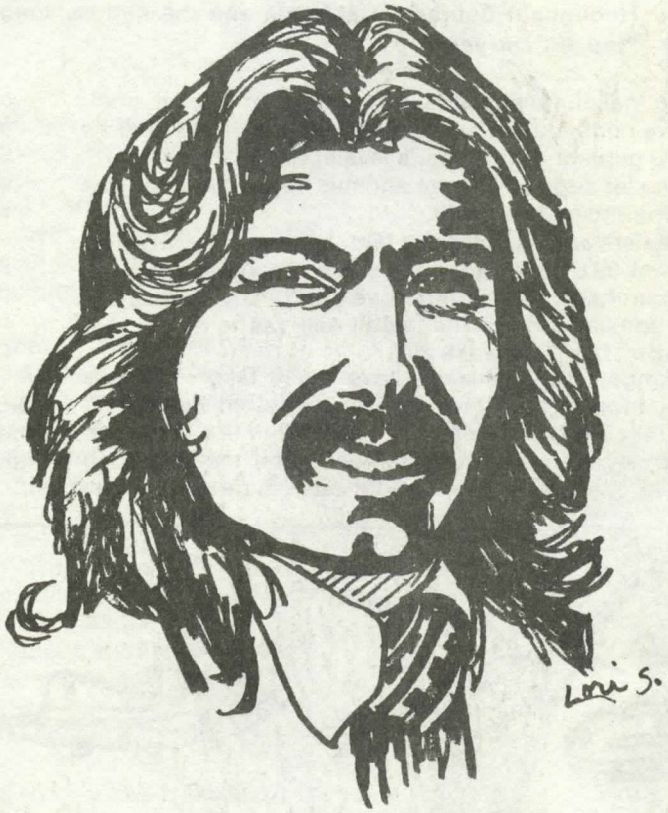
"Freedom can never be free," were the last words in "America." "America" was read by Barry Goldwater in the House of Representatives, and entered in the Congressional Record. The only other poems to enter before "America" were: "America the Beautiful" and the "National Anthem."

Bruce has written four books. One of his books is entitled, **I Can Make You Happy.** It tells about the meeting of a woman, dating, and then marriage.

Bruce has written many poems. "Happiness Attracts Happiness" is a beautiful poem in which Bruce says such things as: "Happiness is the pot of gold at the end of the rainbow," and "Learn to know and love yourself." In "I Like it Here," Bruce says, "Freedom is our birthright." He ends with "Freedom is our most precious gift, and I like it here."

Bruce wrote "Friendship" for his forty-eight year old friend for his birthday. His friend is suffering from a fatal disease. Friendship is "a feeling that I know when you need me around."

In "Loke," Bruce says he likes a woman, "not only for your smile, because in the dark it won't show. It takes a mind to be beautiful. Because of what you are makes you attractive to me." He ends each line with, "Because I think I like you." He calls the poem "Loke" because in the poem he is looking for a word between like and love.



Bruce is married and has a son named Brent. He wrote a poem about the trip from home to the hospital. It is entitled, "I Watched A Miracle." In the process of getting from the house to the hospital, he dialed the wrong number for the hospital, forgot his car keys, and "wrestled" with his pants.

Bruce Sievers is a young, dark haired, good looking, sentimental poet who enjoys sharing his experiences with others, whether they be good or bad. Bruce Sievers is not well known yet, but should be because of his beautiful poetry.

AMERICA

James Bruce Joseph Sievers

If you think you feel badly
you can be happy you are able to think
When you are walking about sadly
how fortunate you are able to walk
Or when you begin your meal
think how many have no food at all
Or complain how you feel
what a luxury your health really is.

In a country such as ours
with its trees and its flowers
And its days and its nights
full of freedoms and rights
Can't we see what it means to be free?

There's no country on earth
like the land of our birth
We're Americans ... and we're proud to be.

But if you had a dollar
how you'd scream and you'd holler
if someone tried to take it away.

Listen to me stranger...
your freedom's in danger
look around at our country today.
The left is too left
and the right is much too right
and the middle can't make up its mind
It's not others we should fear
look into your mirror
a traitor in there you might find.

He comes in many forms
dwells in offices and dorms
and forgets that American is his name
Or he elects a man
and then does what he can
to put his representative to shame.
Or he feels that it's wrong
for a nation to be strong
and a uniform is no way to be free.

If we complacently ignore America's plea
we'll lose her ... and be unable to see
That our enemies, of course, won't need to use force
because our enemies are already here
And as with Greece and with Rome
we'll soon give up our home
if we don't realize that with every year
Our youth can't see
what it means to be...
An American in love with his land.

So our example must show
that we're proud to know
we are Americans and we understand
That the bruises and scars
on our stripes and stars
are proof for the youth to see
That Americans must strive
to keep America alive
For freedom can never be free.

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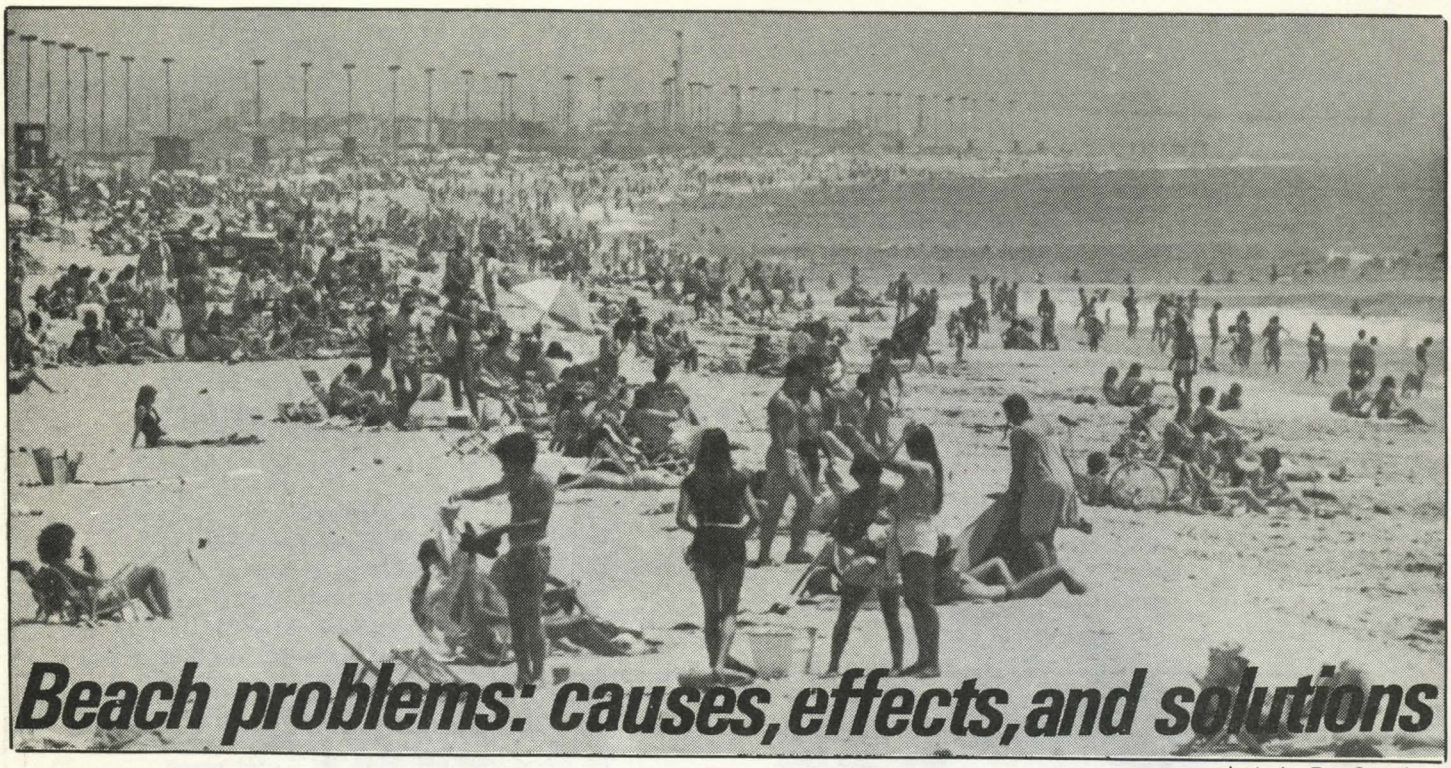


Beach problems: causes, effects, and solutions

photo by Rex Strother

by Bill McCants

As any regular surfer, body surfer, or sunbather knows, the beach is getting more crowded every year. In Huntington Beach, many blame the overcrowding problem, as well as beach litter and vandalism, on "tourists." Although this is true to a certain extent, the facts should be studied carefully before such a judgment is made.

Last year, over three million people made use of the Huntington City Beach, a mile-long strip around the pier area. This great attendance naturally causes problems. On some hot days in the summer the waterfront becomes so crowded that people have to compete for wading space; any kind of surfing or swimming becomes impossible. Of course, this is true only if you can find a parking space and a place to lay your towel.

Overcrowding isn't the only problem caused by these mass migrations to the beach. Vandalism and theft affect both the beach and its patrons. Hundreds of thoughtless people scatter litter in the sand and parking lots, often next to trash cans. Big waves, rip tides, and other hazards necessitate lifeguard rescue and medical care.

Someone has to deal with these problems, and at the city beach it is the Huntington Beach Harbour and Beaches Department. The 102-member department consists of lifeguards, marine safety officers and a maintenance crew, which deal with the aforementioned problems on a daily basis. The department also compiles statistics relating to who uses the beach, including tourists.

One of these reports is called a "Visitation Analysis." The analysis lists the top twenty cities whose citizens use the City Beach. They are listed in order according to the number of reports they produce. Reports include incidents ranging from lifeguard rescues to parking citations. As the chart clearly illustrates, Huntington Beach has more reports than any of the tourist cities.

Lt. Bill Richardson is one of the managers of the department and is very familiar with the tourist situation. He says, "As the chart shows, there are no real statistics to prove that tourists cause more trouble on the beach than locals do. One of the reasons is that locals often seem to feel they have more rights than visitors, even to break the law, and that's not true." The other reason, of course, is that more locals use the beach.

Visitation Analysis

1977	City	No. of Reports	Percent of total
1	Huntington Beach	439	17.0
2	Anaheim	136	5.3
3	Westminster	126	4.9
4	Buena Park	118	4.6
5	Garden Grove	102	3.9
6	Fountain Valley	100	3.9
7	Whittier		
8	Santa Ana	89	3.5
	Long Beach	64	2.5
10	La Habra	61	2.4
11	La Mirada	52	2.0
12	Fullerton	50	1.9
13	La Puente	47	1.8
14	West Covina	41	1.6
15	Cypress	41	1.6
16	El Monte	40	1.5
17	Arcadia	39	1.4
18	Hacienda Heights	35	1.4
19	Costa Mesa	31	1.2
20	Covina	29	1.1
		28	1.1

1977 Place	Heading	No. of Reports	Percent of Total
1	Orange County	1,468	56.8
2	Los Angeles County	881	34.1
3	Other CA Counties	104	4.0
4	Other States and Countries	130	5.0
	TOTALS	2,583	100.00

He comments, "As to whether tourists cause overcrowding, it depends on who you call a tourist. Is it someone from out of state? Outside of Southern California? Would you call someone from Fountain Valley a tourist? It's really a matter of semantics."

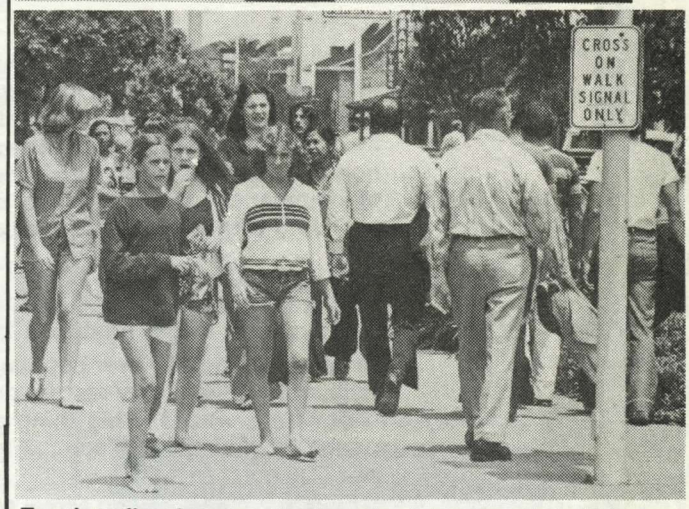
He is quick to point out, though, that out-of-towners do cause certain special problems. "Tourists are usually the group that defaces the beach, especially with spray paint in writing graffiti on walls. Locals don't usually do it because they end up paying for it. It is ironic, though, when someone defaces a wall by spray painting 'kooks go home.' "

He points out that tourists also bring benefits, however. "Tourism does cause problems, but it is the biggest money-making industry in Huntington Beach. We don't keep specific figures, but any waterfront businessman will attest to the great monetary value of the summer crowds. Tourists also pay their way through parking fees, just like locals."

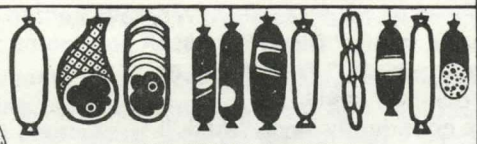
The parking fee, which is currently $2.00, has upset many regular beach-goers. Most natives of Huntington Beach feel that they should not have to pay such a high price to use their own beach. Lt. Richardson feels that, "The parking fee is a good bargain. Two dollars pays for rescue protection, maintenance, and the many other services we provide. It keeps the beach functioning for everyone." He further points out that since the beach is also maintained with tax money, it is really the common heritage of all Orange County.

So if the impulse arises to yell "tourists go home," at someone, first of all be sure it's a tourist, and secondly, remember that tourist revenues help to keep the beach services intact. If someone is littering or defacing beach property, report it to a lifeguard. It may not solve the overcrowding problem, but it will probably make the beach environment a little more enjoyable.

photos by Rex Strother



Tourists flood to see the beach sights, much to the dismay of locals.



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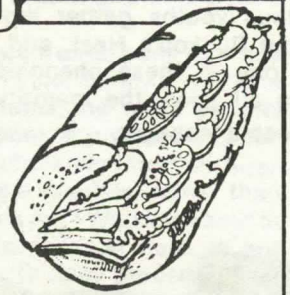

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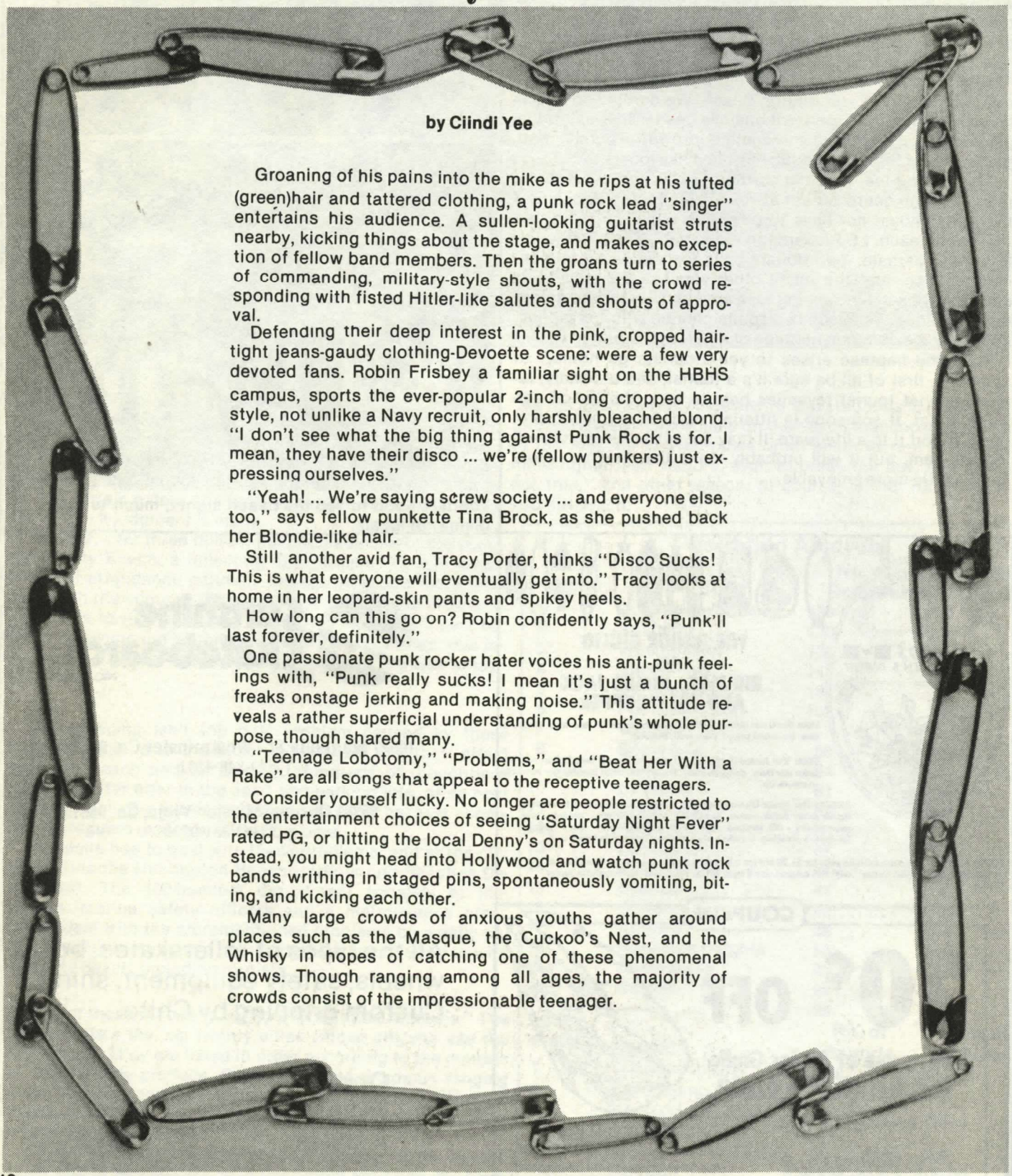
PUNK: IS IT JUNK?

A ten-year "fad"

photo by Rex Strother



by Ciindi Yee

Groaning of his pains into the mike as he rips at his tufted (green)hair and tattered clothing, a punk rock lead "singer" entertains his audience. A sullen-looking guitarist struts nearby, kicking things about the stage, and makes no exception of fellow band members. Then the groans turn to series of commanding, military-style shouts, with the crowd responding with fisted Hitler-like salutes and shouts of approval.

Defending their deep interest in the pink, cropped hair-tight jeans-gaudy clothing-Devoette scene: were a few very devoted fans. Robin Frisbey a familiar sight on the HBHS campus, sports the ever-popular 2-inch long cropped hair-style, not unlike a Navy recruit, only harshly bleached blond. "I don't see what the big thing against Punk Rock is for. I mean, they have their disco ... we're (fellow punkers) just expressing ourselves."

"Yeah! ... We're saying screw society ... and everyone else, too," says fellow punkette Tina Brock, as she pushed back her Blondie-like hair.

Still another avid fan, Tracy Porter, thinks "Disco Sucks! This is what everyone will eventually get into." Tracy looks at home in her leopard-skin pants and spikey heels.

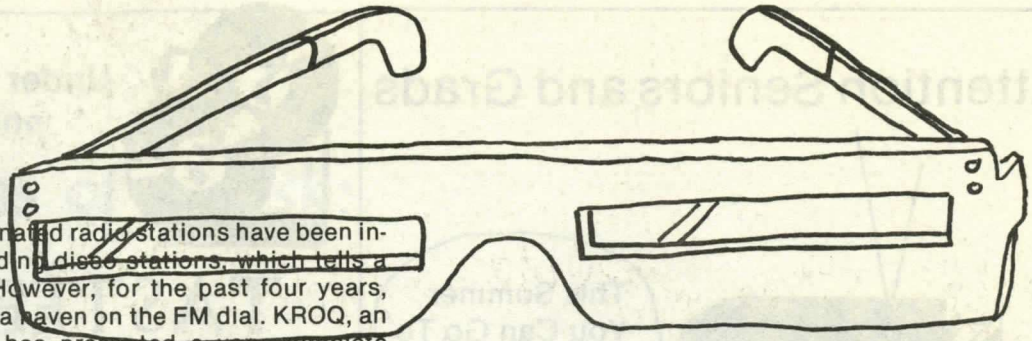
How long can this go on? Robin confidently says, "Punk'll last forever, definitely."

One passionate punk rocker hater voices his anti-punk feelings with, "Punk really sucks! I mean it's just a bunch of freaks onstage jerking and making noise." This attitude reveals a rather superficial understanding of punk's whole purpose, though shared many.

"Teenage Lobotomy," "Problems," and "Beat Her With a Rake" are all songs that appeal to the receptive teenagers.

Consider yourself lucky. No longer are people restricted to the entertainment choices of seeing "Saturday Night Fever" rated PG, or hitting the local Denny's on Saturday nights. Instead, you might head into Hollywood and watch punk rock bands writhing in staged pins, spontaneously vomiting, biting, and kicking each other.

Many large crowds of anxious youths gather around places such as the Masque, the Cuckoo's Nest, and the Whisky in hopes of catching one of these phenomenal shows. Though ranging among all ages, the majority of crowds consist of the impressionable teenager.



The once acid-rock dominated radio stations have been infiltrated by the head-pounding disco stations, which tells a lot of everyone's tastes. However, for the past four years, punk rock fans have found a haven on the FM dial. KROQ, an unusually radical station has presented a very complete time-slot of not only punk music (impossible to do homework to) but the latest New Wave bands as well as old favorites being interviewed. The force running this wild, popular show is Rodney Bingenheimer, no newcomer to punk rock having his own glitter rock club in 1974. Says a fellow dj, "If there was anyone, Rodney is definitely the one to talk to about punk rock."

Says Bingenheimer or punk as entertainment, "This not only supplies a release, but it's fun."

Though the interest is there, punk rock followers in the states and in England find different factors appealing. For instance, Americans at present haven't reasons as the Europeans for the punk-revolt. The Americans not only find the bizarreness a unique way of standing out, but a closer look reveals an abhorrance to the "Shaun Cassidy" poprock, "Bee Gee" disco scene. Instead of following the paved yellow-brick disco road, American punkers are finding the one smitten with safety pins the more scenic route. This road is carved by the England punkers, who started the whole thing out of a mutual resentment of the completely unbalanced economic, political and social situations. These depressing factors of their everyday living set them on an anti-society rampage: enter Punk Rock.

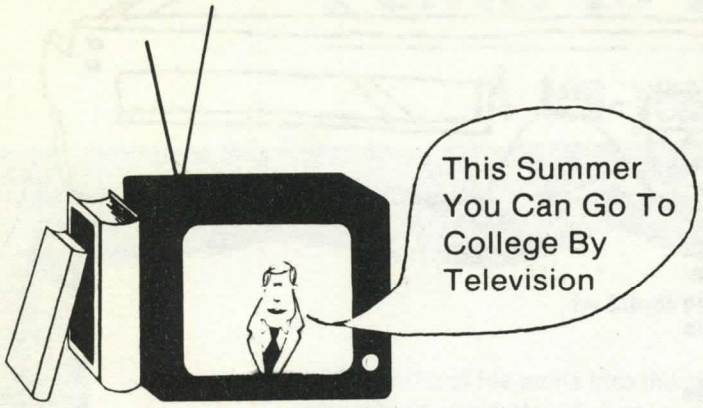
Safety-pinned breasts and cheeks, fashionably tattered street punk clothing, self inflicted wounds, and rainbow-colored hair are all displays of their nonconformist, objecting attitudes. This, folks is their way of flipping off not only the political structure (the Sex Pistols' "God Save the Queen") but the functioning of their society as a whole, not excluding the religious aspect. Johnny Rotten jumping up and down screching "I Am! I am an AntiChrist!" onstage explains the feeling. The passionate dislike for the Queen is a popular element in punk shows. Entire groups will vigorously deface and destroy illustrations of Queen Elizabeth, by spitting, burning, and stamping them to the delight of audiences. It is not just the ridiculously unproportioned wealth that breeds resentment among Englanders, but the Queen herself is a symbol of the whole elite class, the church every week, din-din ("wipe my chin, James"), maid service society. This symbolic concept is similar to that of grammar school children egging a school bus.

With half the nation overrun by disco freaks, punk rock has taken a back seat to disco publicity-wise. Surely the Donna Summer-Angel Flight crowd dominates the night people; however the gradual building up of punk appreciaters is surprisingly fast. You'll find punkers completely into their interest, taking on this New Wave bit as a lifestyle, rather than just an after-dark entertainment. Think not? Walking about in flourescent-colored hair and a safety-pinned neck is not exactly a side hobby, you know. Says Rodney Bingenheimer, the one and only punk rock dj, "Punk is much more deep than some fad. It's more serious."

photos by Rex Strother

Sid would have been proud. Here, Robin Frisbey and Tracy Porter sport the head turning punk look.

Attention Seniors and Grads



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Class ID Number 300 — 2 units

Art 119, "Applied Sketching"
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Reflections of a desk:

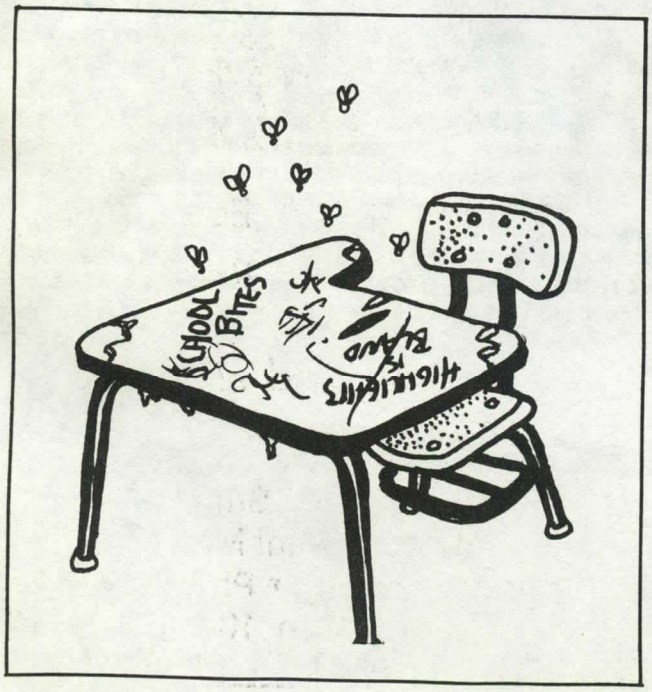
The voice from the other side

by Anne Conger

The air is damp and musty, and there is only a dim light by which the room can be viewed. Broken desks are stacked along one wall and a few are lying scattered throughout the room. A film of dust covers the abandoned desks as they sadly deteriorate. Why are those desks there? And where did they come from?

These once heroic desks are victims of widespread vandalism taking place at our school. They are the desks who loyally served us for their short lifetime and are now so abused that they are beyond repairs. Hence they land in this storage room to spend a bleak eternity.

To get an at the scene perspective on the vandalism issue, desks from all different departments were asked why they felt students committed such destructive actions against them.



Desk no. 1 — Mathematics. "I really get annoyed at all the kids who use me. Right before a test, students frantically write equations all over my top. It's not my fault they didn't study. Yet, I suffer the consequences for their procrastionation. I don't know why kids have so little respect — maybe they just don't care."

Desk no. 2 — History. "When I first came here my top was waxed, my metal was shiny, my screws were all tight and there weren't any holes in me at all. Well, things have changed. Kids, obviously, are bored with their lives. They must not have anything to strive for — but is that any reason to drill holes in me?"

Desk no. 3 — Spanish. "Chewing gum! I hate chewing gum! The teacher always tells the kids to take it out of their mouths — so they do. But where do they put it? On me. Do you think I like their 'already been chewed' chewing gum all over me? They are all bums and they should be shot!"

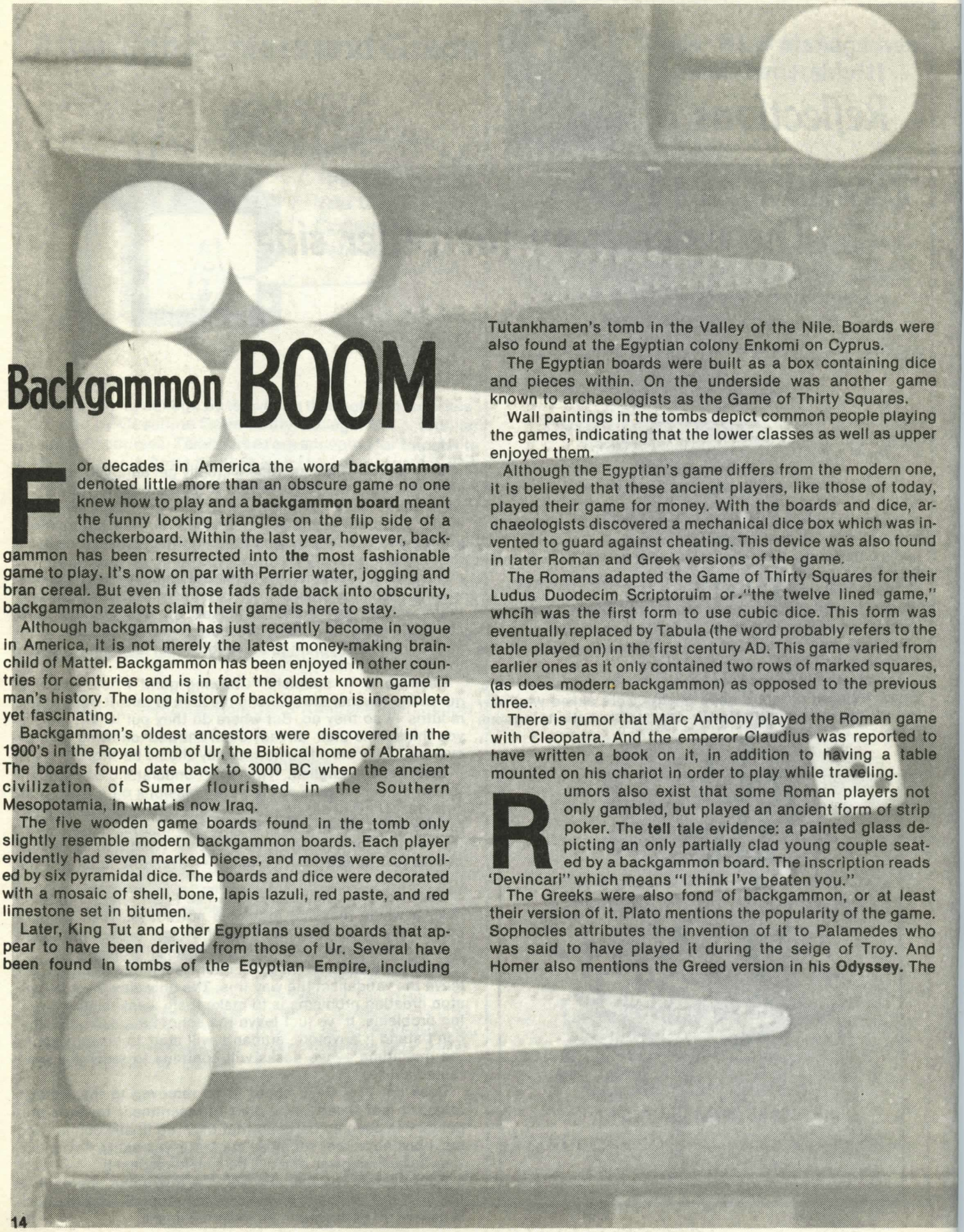
Desk no. 4 — English. "I just can't understand why students feel a need to take out their aggressions on a poor innocent desk. I never did anything to hurt them, yet, I've been to repairs eight times now. Apparently, kids nowadays don't feel respect for anyone else's property. What's worse is that people just ignore the vandalism — everyone is so apathetic!"

Desk no. 5 — Chemistry. "It's like I can relate. Students have a whole mess of problems nowadays. Their parents could care less about them. What do you expect from kids with broken homes? — broken desks; its all logical."

Desk no. 6 — Psychology. "I really feel that we should just leave the vandalism the way it is. The only way the kids will stop creating problems is to make them want to stop creating problems. If we just leave the school a mess until they can't stand it anymore, students will start to clean it up. In the meantime — we desks will continue to receive unwarranted abuse."

Desk no. 7 — Desk about to be removed to the storage room. "I feel a certain amount of resentment towards students. I've been so battered that they are finally committing me. I just hope that someday students will realize how much they have been given and will be able to respect it.

Footsteps in the hall are heard. A custodian approaches the door methodically and enters the room. Slowly the desk is carried off to the home for deserted desks.



Backgammon BOOM

For decades in America the word **backgammon** denoted little more than an obscure game no one knew how to play and a **backgammon board** meant the funny looking triangles on the flip side of a checkerboard. Within the last year, however, backgammon has been resurrected into **the** most fashionable game to play. It's now on par with Perrier water, jogging and bran cereal. But even if those fads fade back into obscurity, backgammon zealots claim their game is here to stay.

Although backgammon has just recently become in vogue in America, it is not merely the latest money-making brainchild of Mattel. Backgammon has been enjoyed in other countries for centuries and is in fact the oldest known game in man's history. The long history of backgammon is incomplete yet fascinating.

Backgammon's oldest ancestors were discovered in the 1900's in the Royal tomb of Ur, the Biblical home of Abraham. The boards found date back to 3000 BC when the ancient civilization of Sumer flourished in the Southern Mesopotamia, in what is now Iraq.

The five wooden game boards found in the tomb only slightly resemble modern backgammon boards. Each player evidently had seven marked pieces, and moves were controlled by six pyramidal dice. The boards and dice were decorated with a mosaic of shell, bone, lapis lazuli, red paste, and red limestone set in bitumen.

Later, King Tut and other Egyptians used boards that appear to have been derived from those of Ur. Several have been found in tombs of the Egyptian Empire, including Tutankhamen's tomb in the Valley of the Nile. Boards were also found at the Egyptian colony Enkomi on Cyprus.

The Egyptian boards were built as a box containing dice and pieces within. On the underside was another game known to archaeologists as the Game of Thirty Squares.

Wall paintings in the tombs depict common people playing the games, indicating that the lower classes as well as upper enjoyed them.

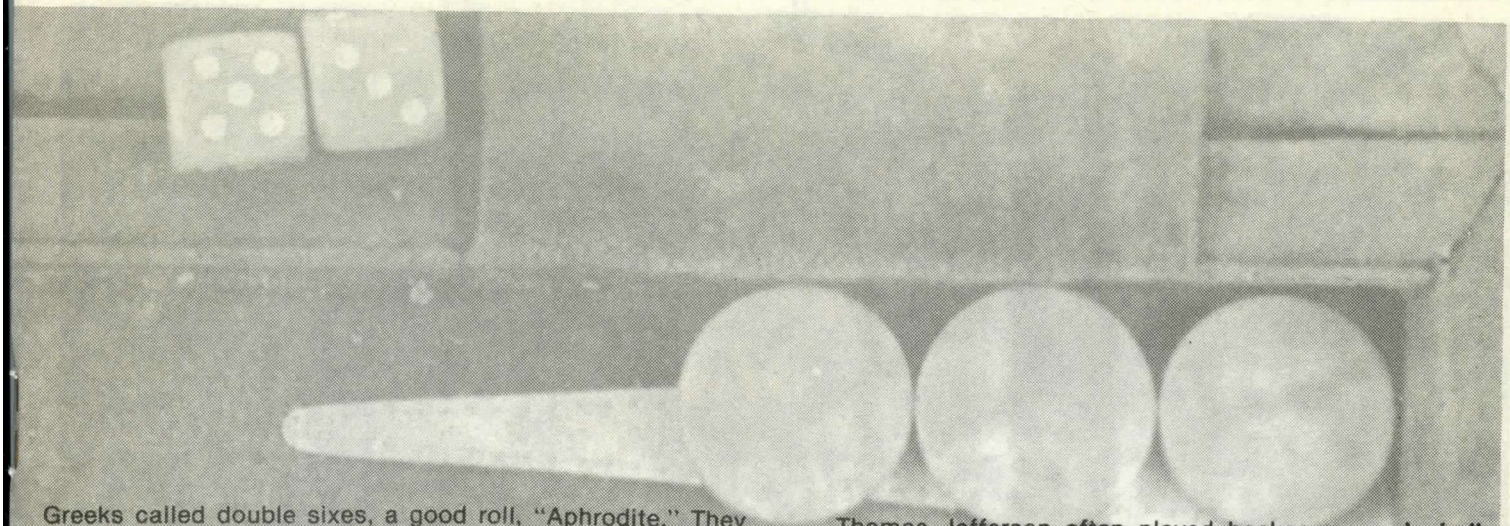
Although the Egyptian's game differs from the modern one, it is believed that these ancient players, like those of today, played their game for money. With the boards and dice, archaeologists discovered a mechanical dice box which was invented to guard against cheating. This device was also found in later Roman and Greek versions of the game.

The Romans adapted the Game of Thirty Squares for their Ludus Duodecim Scriptoruim or "the twelve lined game," whcih was the first form to use cubic dice. This form was eventually replaced by Tabula (the word probably refers to the table played on) in the first century AD. This game varied from earlier ones as it only contained two rows of marked squares, (as does modern backgammon) as opposed to the previous three.

There is rumor that Marc Anthony played the Roman game with Cleopatra. And the emperor Claudius was reported to have written a book on it, in addition to having a table mounted on his chariot in order to play while traveling.

Rumors also exist that some Roman players not only gambled, but played an ancient form of strip poker. The **tell** tale evidence: a painted glass depicting an only partially clad young couple seated by a backgammon board. The inscription reads 'Devincari" which means "I think I've beaten you."

The Greeks were also fond of backgammon, or at least their version of it. Plato mentions the popularity of the game. Sophocles attributes the invention of it to Palamedes who was said to have played it during the seige of Troy. And Homer also mentions the Greed version in his **Odyssey.** The



Greeks called double sixes, a good roll, "Aphrodite." They called ones a word akin to "dog."

The next phase in the development of backgammon came in the Middle Ages when the Romans invaded Britain and brought tabula with them. The English changed the name to tables, and it became popular among the aristocratic society. Later, the game's popularity increased as the Crusaders spread the game throughout Europe.

The Crusaders apparently encountered the game in the Middle East where it was called Nark-Shir. The Arabs had picked up this game from the Persians who named it after Ard-Shir Babakan of the Sassonid dynasty of the ancient Perisian Empire, who was said to have invented it.

After the Crusaders brought backgammon to England, it became so popular among soldiers that in 1190, Richard the Lion-hearted and Philip of France issued a joint edict that prohibited any person in the army beneath the rank of knight from playing for money.

During this time not only did governments prohibit backgammon, the Church opposed it also. It is said that the Archbishop of Tournai prosecuted people caught playing tables.

But backgammon lovers stubbornly continued to play their game; and it continued to flourish.

Throughout history, several literary allusions have been made to the popularity of backgammon. Chaucer mentions it in **Canterbury Tales,** Spenser in the **Faerie Queen,** Shakespeare in **Love's Labours Lost,** Samuel Butler in **Hudibras** Lord Byron in **Don Juan** and Samuel Pepys in his diary.

Throughout the world, "backgammon fever" caught on faster than the plague. Soon, backgammon was being played not only in Middle Eastern nations and in England, but in France, Italy, Spain, Germany, Russia, Mexico, and eventually in the United States.

Although backgammon has always been less popular in America than in Britian, Americans have been playing the game since the 17th century.

Thomas Jefferson often played backgammon, **including** while drafting the Declaration of Independence. Three weeks before July 4, 1776, he entered his winning and losing of backgammon in his notebook of expenses.

It was an American, in fact, who was destined to spark backgammon into a riskier and much faster paced game with a revolutionary rule. In the 1920's, American ingenuity (or perhaps greed) prompted an anonymous player to introduce a new gambling concept that could increase the excitement of a game in geometric proportions. The proposal was to allow a player, at his turn, to insist on doubling the stakes. His opponent could accept or lose the game at original stakes. This process could be continued and stakes could eventually be multiplied by 32 or even 64 times the original stakes. Thus the doubling cube was invented — an invention both cursed and blessed as it contributed to windfalls and downfalls of players throughout the years. After the doubling cube was first introduced, the popularity of backgammon surged.

The next major backgammon revival in the United States came in the early 1970's but its full impact is just being felt now. Presently, backgammon is one of the biggest money making games in the world as millions of dollars worth of boards are sold each year. Backgammon tournaments for stakes, played since the 1960's, are increasing both in numbers and amounts played for. Backgammon is now also seen at discos, ski lodges, the beach, and even in boring classes at schools. Renewed interest in the game has sparked the formation of a backgammon club on campus.

Backgammon's survival through the centuries, and its universal appeal to diverse people can be attributed to the allure of the unique and challenging mix of skill and luck that is vital for victory. But, whether played for the intrigue or for the stakes, it is highly unlikely that backgammon buffs will soon be willing to turn the backgammon points back over to checkerboard squares.

by Kim Peasley

photo by Reggie Ige

Oiler sports '78-'79

The thrill of victory, the agony of defeat

by Jan Greene

The thrill of the touchdown, the struggle under the basket, the crack of the bat; all of these were highlights of this very successful year in sports for both girls' and boys' Oiler teams. Athletes at our school participated in 26 sports: from football to field hockey and from soccer to swimming. By year's end, at least 16 of our 26 teams will have competed in CIF by coming in first, second, or third in Sunset League competition.

The following is a wrap-up of the 1978-1979 year in sports, with the exception of the spring season (these sports were covered in the June issue of **Highlights**).

all artwork by Lori Schoals

Football

Under the guidance of varsity coach Van Hoorebeke, the Oiler varsity football team put up a great defense to a tough Sunset League. Coach Van Hoorebeke said of the season, "Although we had a record of only 0-8, I feel we played some very competitive games, and our defense kept us going to the end. Another asset was having the best kicker in the league, Shawn Cisco." There were many fine individual performances on the team. Darren Linsacum received a National Foundation Scholarship, the first Oiler to do so in about 15 years. Also, all-league performers were Franco Lewicki, Don Groscost, Scott Hjelmstrom, and Shawn Vonesh.

Cross Country

Girls: Led by coach Trish Pierson, the varsity cross country team ended fourth in its league, narrowly missing a chance to go to CIF. Although the team put in a fine performance and won both of its preseason meets, the girls met some stiff competition in league meets. Outstanding runners were Sandra Katzer and Susan Follette.

Boys: The boys' cross country team did quite well with many new runners and a lot of fresh talent. With a season record of 7-1, the boys came in second in Sunset League. With Coach Wood to guide them, the team then finished ninth in CIF.

Field Hockey

Although many may not consider Field Hockey a "major" sport, the girls' team, coached by Mrs. Gross and Ms. Pierson, has brought fame and glory to HBHS this year. By achieving a 9-0-1 record, the girls brought home their first Sunset League pennant this season. The team then went on to CIF play, losing in the third round to the eventual winners. Many league and CIF honors went to individual players, also. First team all-Sunset League honors went to Darlene Martinez, Vanessa Denniston, and Laura Hines. On the second team were Mindy Amy, Stephenie Colin, and Patty Jackson; Mindy Amy also received the honor of all-CIF second team.

Tennis

Another team with many new players was the girls' tennis team, which competed in the fall. With an 8-2 league record, the girls ended in fifth place, showing the difficulty of the competition in the Sunset League. According to Ms. Gill, varsity coach, the top players this year were Mindy Ness, singles, and Christy Hensen and Micky MacAllister, doubles. "All of our top players are returning next year," said Ms. Gill, "so we should have an interesting and tough season next year."

Soccer

The varsity soccer team achieved a record of 4-4-2 in the Sunset League, coming in fourth. With Coach Chambers unable to coach, Mr. Bohne took over. The team only allowed 10 goals in 10 League games. According to Coach Bohne, "The team just needed a little more luck." Top scorer was Son Nguyen, with 15 goals, and Joe Campbell led in assists with eight. Also receiving honors in the league were Ken Ankenbrandt, Ben Cueva, Joe Campbell, Son Nguyen, and Doug Mierczynski.

Girls' Volleyball

Varsity Coach Murphy described her team as "the best varsity team I've had." In a close league battle, the Oilers came in second, losing only to Newport. The same fate befell the junior varsity team, which also came in second in league.

Water Polo

Coach Getty led the Oiler water polo team to victory and a third place spot in the Sunset League this year. Many outstanding individuals proved themselves in the games, but the team acted as a group by making over 50% of its shots, while John Gifford, Ron Radison, and Dana Taschner shot over 65%. Coach Getty stated of the team, "They never quit, win or lose. They fought to the finish."

Basketball

The girls' varsity basketball team almost made it to a third CIF championship in a row, but were beaten in the third round of CIF play. Coach Kellog led the girls to a Sunset League title by having a 9-1 record. Kathy Doyle, Kathy Rausin, Peggy Krom, and Jenny Townsend received league honors for their excellent playing.

Boys: Under Coach Miller, the boys' varsity basketball team achieved a season record of 6-4, and made it to second place in the Sunset League. Once in CIF, the boys lost in the second round, in an exciting finish to an excellent season. Several boys received league honors; they were Kurt Wooton, Jim Eldridge, and Rico Thompson.

Swimming

Coach Harvill brought the boys' swimming team to a 3-3 overall record, and they came in fifth place to a tough Sunset League. Swimmers that qualified for the league finals were Claude Panis, Ron Radison, Barry Westwell, and Greg Cole. Junior Varsity swam to second place in the league, with Steve Brownlee leading the team as most valuable player.

Wrestling

The boys' varsity wrestling team, coached by Mr. Hollinden, was quite successful this year. The team came in third in the league tournament, and four players qualified to compete further in CIF. They were: Mike Provenzano, Lou Myers, Robert Hall, and Mike Shields. Mike Provenzano went on to the State Finals in wrestling, winning a fifth place position among wrestlers from 1000 schools around the state.

words the signs

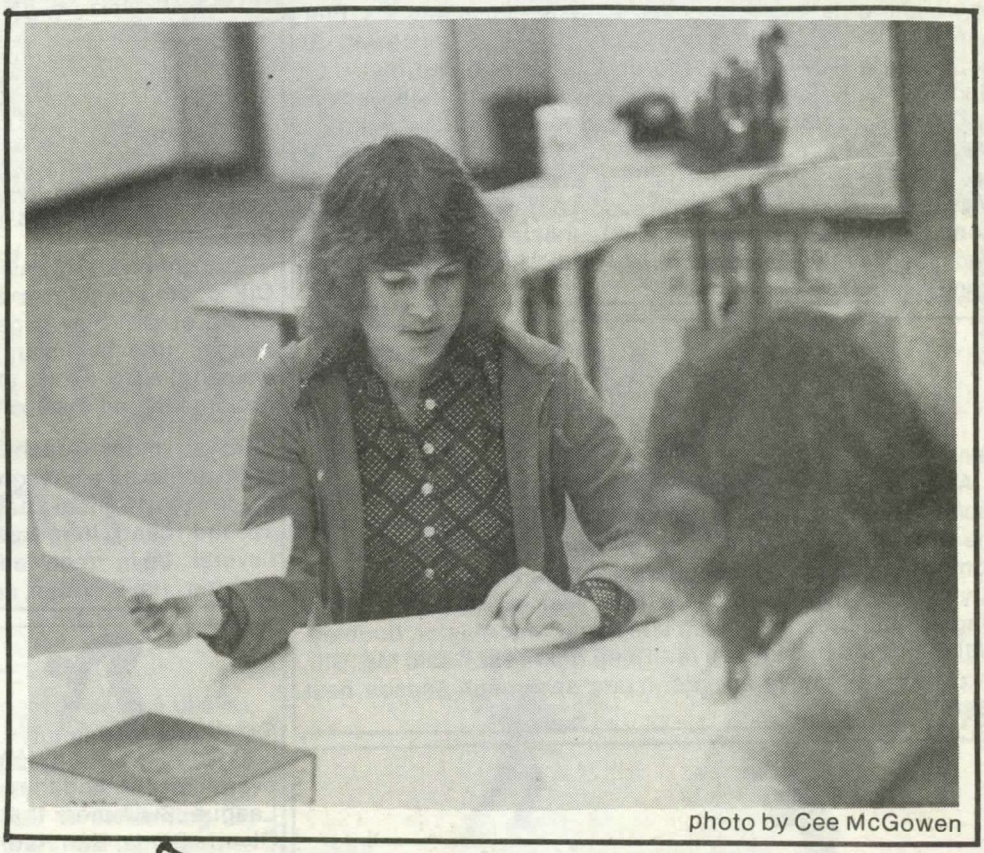
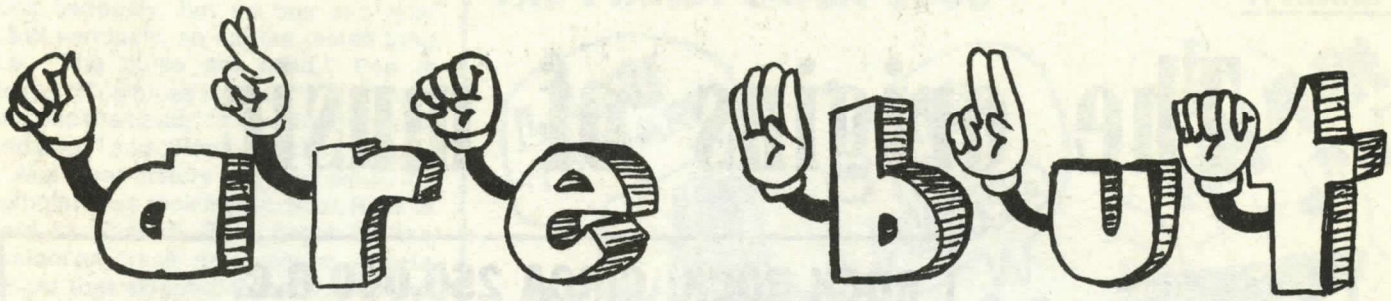


photo by Cee McGowen

Huntington Beach High School Alumnus and teacher Carolyn Anderburg conferring on the progress in her first of its kind hearing impaired learning program.

artwork
by
Lori Schoals



by Lori Schoals

The classroom is quiet. Sitting at one of the tables is a curly-haired boy and at another, a blonde girl. The girl is being given a spelling test by a lady with a big smile. The boy chews on his pencil as he leans over a diagnostic test. Distressed, he raises his hand and points to a problem. Another young woman, the teacher, walks over and assures him that he isn't expected to get every problem right, it's just to find out what he needs to learn. "Anyway, if you got them all right, I'd be out of a job," she said jokingly.

The teacher is Ms. Carolyn Anderberg, and the students are two of those enrolled in her learning program for the hearing impaired. Ms. Anderberg, along with aides, Sharon Akin and Erin Quinn, who are both graduates of Huntington Beach High School, teach Huntington Beach Union High School District's first program of this kind. The program is in its infancy with only six enrolled students but is expected to double by next year and continue to expand. Huntington Beach High School was selected as the best location for the program within the district.

"We are really privileged to have the program here," commented Ms. Anderberg. "Having the program here will open up many doors for families who would otherwise have to send their hearing impaired students to schools as far away as Riverside, Saddleback, and Mesa Verde."

Right now none of the students here depend on sign language, but next year there will be students with more severe hearing loss who depend on sign language. Although hearing impaired students have the reputation of being slow, Ms. Anberberg holds most are very intelligent. "They have to be."

The students are called "Mainstream" students. "Mainstream" is a program in which kids with learning problems are in the most appropriate educational environment.

The class, which is generally taught on a one-to-one basis, consists of two hours of special education a day working on remedial problems, specifically language problems. The biggest problem that the students have is learning to speak, read, and understand language. They often need speech therapy and have poor grammar and syntax. "Most people learn to speak by hearing langauge spoken, not by reading," Ms. Anderberg explained.

As students progress and are ready for advanced courses, such as physics or Algebra II/Trig. which are not offered in the program, they will be able to attend regular classrooms and have either a notetaker or interpreter attend with them. Hearing impaired students are often very good in math and science, subjects that don't require much language.

Ms. Anderberg, who got her Master's degree at Azusa Pacific College, calls teaching and interpreting for the hearing impaired a wide open field. There are very few people trained in this field. A really good interpreter can make as much as ten dollars an hour.

Sign language will be offered as an elective class open to the student body next year and seniors, with approval of their counselors, will be able to work with hearing impaired students. Ms. Anderberg says she started the sign language class so that students who are interested in this field can begin now and perhaps continue at a college such as Goldenwest which offers outstanding courses in interpreting.

A history:

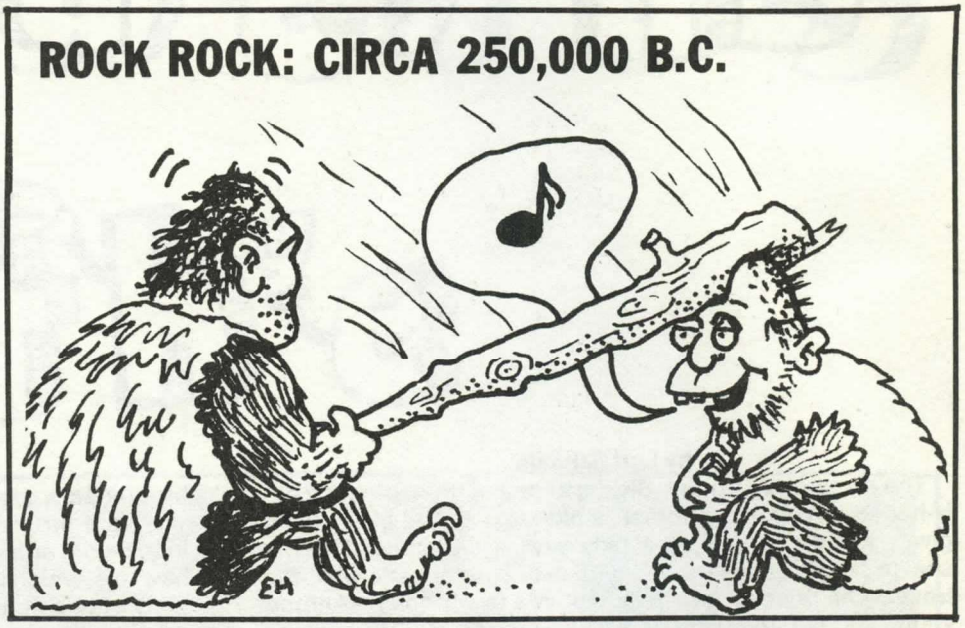
The origins of music

by Rex Strother

Music, or at least its nucleus, began when Homo Sapiens were more Homo than Sapien and were still ape-like and on all fours, much like the varsity basketball team after the Compton game. The first music was created when a large stick was thumped against a hollow log to flush out rats, which were a major source of nourishment (This was also the precursor to dinner music). This thump was the first note, or tone. Further tones were created with the striking of sticks, reeds, and each other's craniums (An interesting side note: the sound of stick against a pine log, grown-up's back and baby's skull became the basic chord progression for all soul songs.) The only setback was that the quality of the tones changed with the strength of the musician (skullician, then) and music was tiring to make. Therefore, musicians were often the largest men of the tribe. This was the Big Band era.

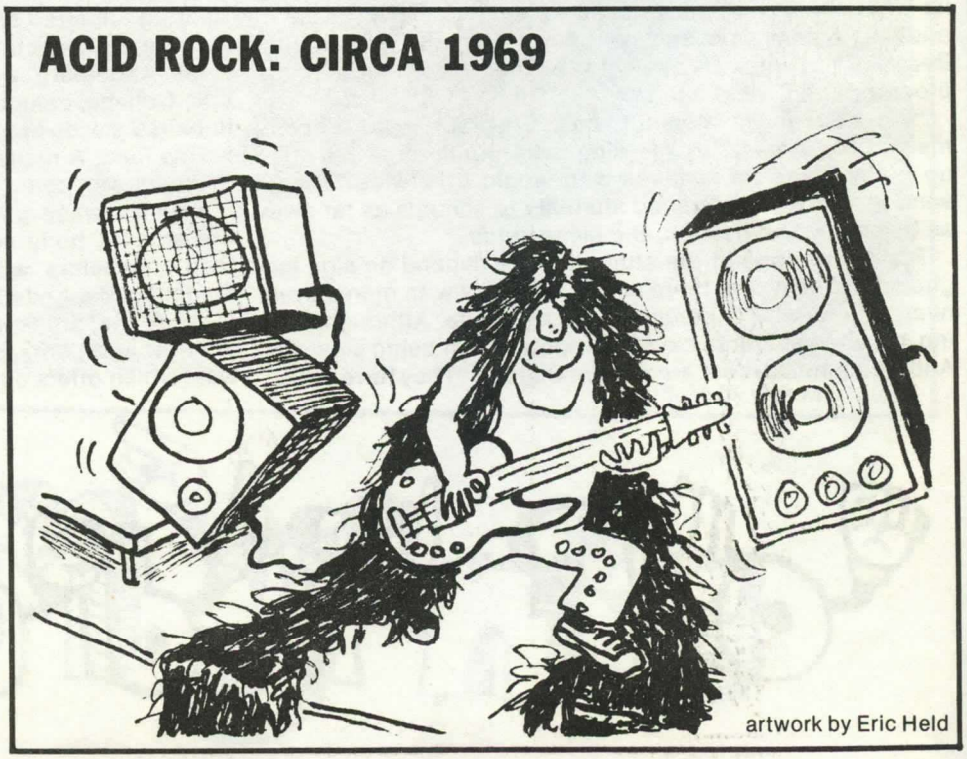
Music changed very little until around the 14th century when musicians discovered wind instruments. The clarinet, basson, and sax had orginally been kitchen utensils in which foodstuffs were boiled and baked. On the other hand, the husbands had been using pans, ladles, and skillets for instruments, so when they changed hands with their wives, music leaped and bounded.

Live music became the rage. In 1412, the first radio station was built, but failed because no one had invented the radio. About this time, it became fashionable in Europe to use your entire family to form a musical group and breed your own musicians, starting mini-music dynasties. Examples of families that have continued through the ages are Toby Summer (Donna Summer), The McCoys (The Village People), Von Reichstag's (Led Zepplin), and Bjorjstaejboerjg (ABBA). An almost-breakthrough was achieved when Theodore Lincoln Nugent (that's right, Ted Nugent's ancestor) wrote the first moronic lyric, but release was withheld until the late 1970's when listeners would be sophisticated enough to enjoy it.



The piano enters here. The piano was actually a harp that fell over. Yet, the harp was a piano that had been stood on end to get it through a door and left that way.

With the piano came the growth of Classical Music. All classical music was written in bulk in four weeks by three hack writers of the era; Franz "Fingers" Schubert, Wolfgang "88" Mozart and Johnny Bach, to give children music to practice with. These three men were today's equivalent of Paul Williams or Barry Gibb. Shubert and those didn't make as much back then, but then they didn't have a label.

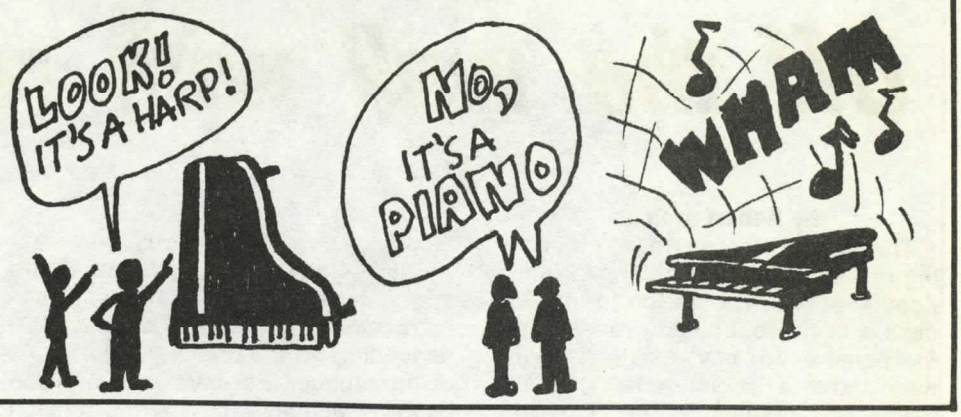


Blues and pop music began as Country-Western music that someone took seriously, but no one can take C&W seriously, so neither lasted long (i.e. "The blues are dead," Pop is dead," "The blues is dead," "The blues and pop are dead," "Dead are the blues and pop," and "Pop goes the blues.")

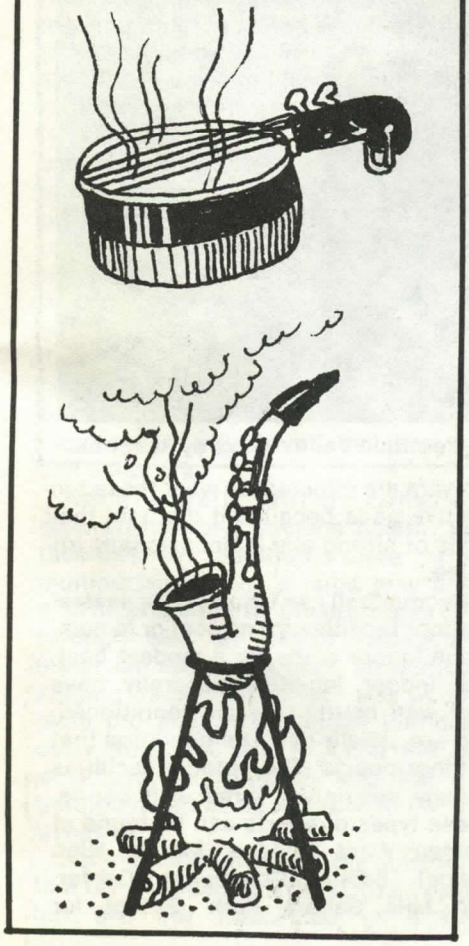
And what history of music would be complete w/o rock music. Now, Rock is hard to classify. Rock began as the avalanche track on a sound effects record that skipped. Soon, discs were purposefully nicked and sold to teens under group names like Bobby Brass and the Coppertones, and other such drivel. Before going too far it merged with country to form Country Rock which is so little of each that the singers need mammoth bazoos to give listeners something to look at while they're singing. Sister of Country Rock was Easy Listenin', a music that is written soley to fill ablum space.

Then of course, there's Bubblegum rock which is Easy Listenin' with the lyrics simplified to campfire sing-along mentality.

THE PIANO: CIRCA 1500



MUSICAL INSTRUMENTS THROUGH THE AGES

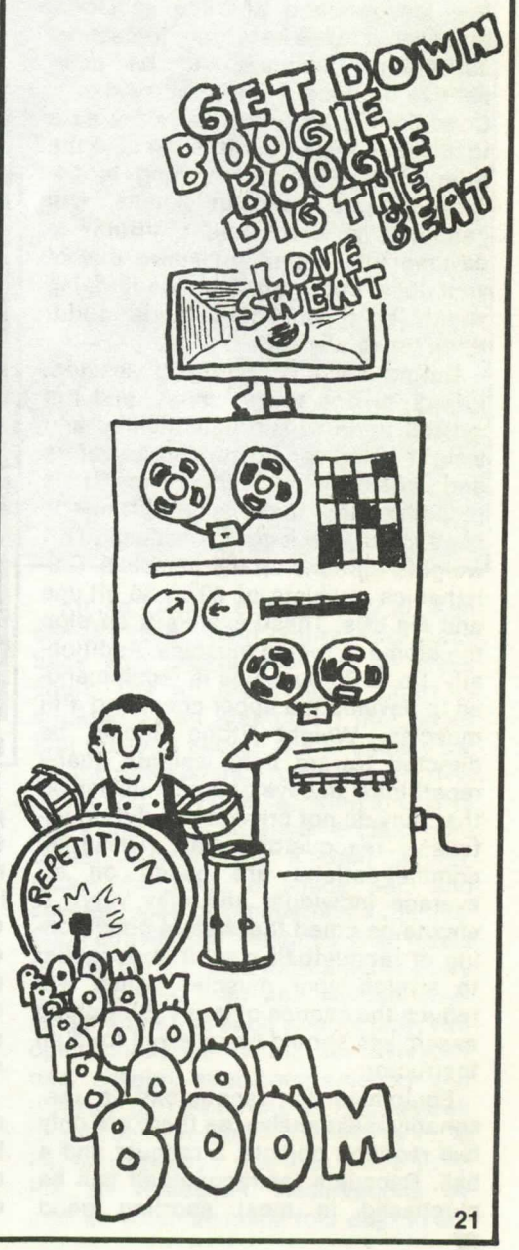


Coming up on the inside track was Heavy Metal and Acid rock, whose birth coincides with the spilling of a strong acid onto a record disc by Herr Von Reichstag (Led Zep, again). The final result was a record destroyed musically, but enhanced for surfers. Much Heavy Metal rock is so poor, that most finer phonographic needles will refuse to play it, blowing out their stylus and cartridges in a last-ditch effort against touching the surface of such a disc.

Today, with a lax morality and not enough oxygen to the brain, porno, punk, and Disco have arrived in the public ear. Porno made its debut with lines such as "...her skirt was over her head," and high pitched moans that have sent many a dog running to find a river to throw themselves into, barking to the end. Punk (pronounced Who Are We Trying To Kid?) survives on the absolvement of all taste and the names the groups pin to themselves. Bodily fluids and living dismembered bodies are often fine titles. Punk groups would rather eat a guitar on stage than play music and usually disband when they realize how stupid they look. Disco, on the other hand is fashion rock which is pieced together like this; 80% beat, 10% disorienting lights, 8% decibels, and 2% originality. Disco lobbyists in Washington are trying to pass bills forcing RCA Victor and A&M records to print all future disco records on satin to keep in fashion, but the grooves have a tendency to fluff out, and their hopes are thwarted for now.

Where is music going? Musicologists agree that Porno Rock will eventually evolve into Prostitution Rock as morality declines, and the Dolly Parton and Loretta Lynn will never make up their minds as to the genre of the songs, growing sooner or later into Jass-Country-Blues-Lullabye Rock. Finally Punk rock will become Funeral rock as dirges become top ten.

DISCO: CIRCA 1978



Off the wall with racquetball

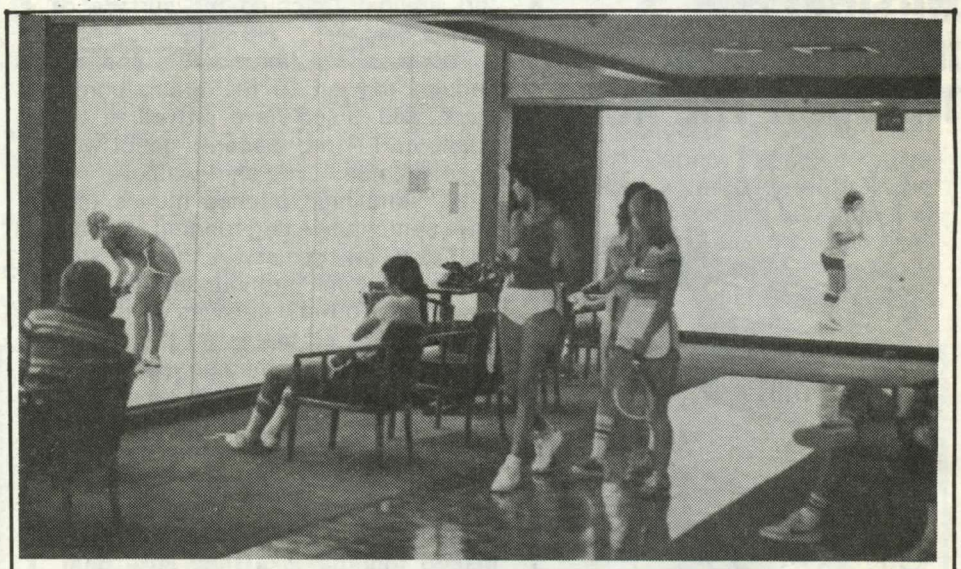
by Robert Steiger

The game of racquetball is becoming one of Southern California's most popular sports. The reason for its success is because it is easy to learn, it's inexpensive to buy required equipment, and a social activity, where males and females can participate in the activity together. In addition, the sport can be part of a physical fitness program since it helps a person to improve their endurance. Racquetball has a lot going for it.

Racquetball can be played after a few lessons and practice sessions. However, it takes hard work to become sufficiently advanced to be competitive in local, open tournaments. Conditioning and practice is the path to advance play. Conditioning is in the form of jogging and running to develop stamina and quickness, and calisthenics and weight lifting to develop and permit extensive use of your upper body muscles. Conditioning should be on a regular basis, about three times a week.

During each conditioning session, job about one to two miles, and run several sprints. The calisthenics and weight lifting can be conducted before and after jogging. (However, it is recommended that weight lifting be conducted after jogging because to lift weights tightens up the muscles). Calisthenics consists of 20 to 30 sit-ups and leg lifts. These exercises develop the stomach region muscles. Additionally, up to 30 push-ups is recommended to develop the upper chest and arm muscles. Weight lifting should be directed toward light weights (many repetitions) to develop arm muscles so that they do not break down during extensive reacquetball play. (These recommendations are based on an average individual and may vary). It should be noted that before conditioning or racquetball play, it is essential to stretch your muscles which will reduce the chance of injury. Stretching excercises should be received from an instructor.

Equipment for racquetball is reasonably inexpensive, as there are only two required objects: a racquet and a ball. Racquets for racquetball can be purchased in most sporting good stores or racquetball clubs. The least expensive places to buy racquets are in department discount stores. Prices on racquets vary from $50.00 to $16.00 depending on the brand and durability of the racquet. For beginners an inexpensive racquet with a string tension between 25 and 28 pounds is suggested because a soft webbing permits greater control of the ball. Advanced players are capable of using a racquet with string tension up to 35 pounds. However, it is unusual to see a player using a racquet with string tension greater than 30 pounds. Racquetballs vary slightly in price and quality. They run from $2.50 to $4.00 for a can of two. Rollout Bleu is probably the most popular brand of racquetballs.



Inside Racquetball World at 10115 Talbert in Fountain Valley. photo by Rex Strother

Additional equipment can be worn to prevent injury (of course the more protective equipment a player uses, the less chance he faces of becoming injured). This protective equipment can consist of special racquetball eyeglasses, a teeth guard, and knee pads and elbow pads. Protective gear can be purchased at sporting good shops, or local racquetball clubs and is relatively inexpensive.

The best protection a person can wear while playing racquetball is plastic eyeglasses. This is because if a racquetball or racquet hits a person in the eye, the person may face possibility of losing his vision. According to Dr. M. Kaplan (eye doctor) he has one patient in the hospital a week due to the person not wearing protective eyeglasses during racquetball play.

Wearing a teeth guard while playing racquetball is almost as important as wearing eyeglasses. The teeth guard protects a person's teeth from becoming knocked out or loose. For example, an opponent's racquet may accidentally hit the other person in the mouth during his shot. If the person was not wearing any type of mouth gear, he would face losing a few of his teeth.

The least important protective equipment are elbow pads and knee pads. These pads are used mainly to prevent receiving scratches or cuts. Many players are reluctant to wear these protective pads because it disrupts their style of hitting and is occasionally irritable.

Racquetball can be played in several outdoor facilities for no cost or in numerous indoor clubs for a modest cost. The indoor facilities generally have four wall courts, are air conditioned, and are usually in better condition that outdoor courts. The outdoor facilities usually consist of three wall courts. These types of courts can be found at Golden West College, Marina High School, Edison Community Center, and Mile Square Park. Except for

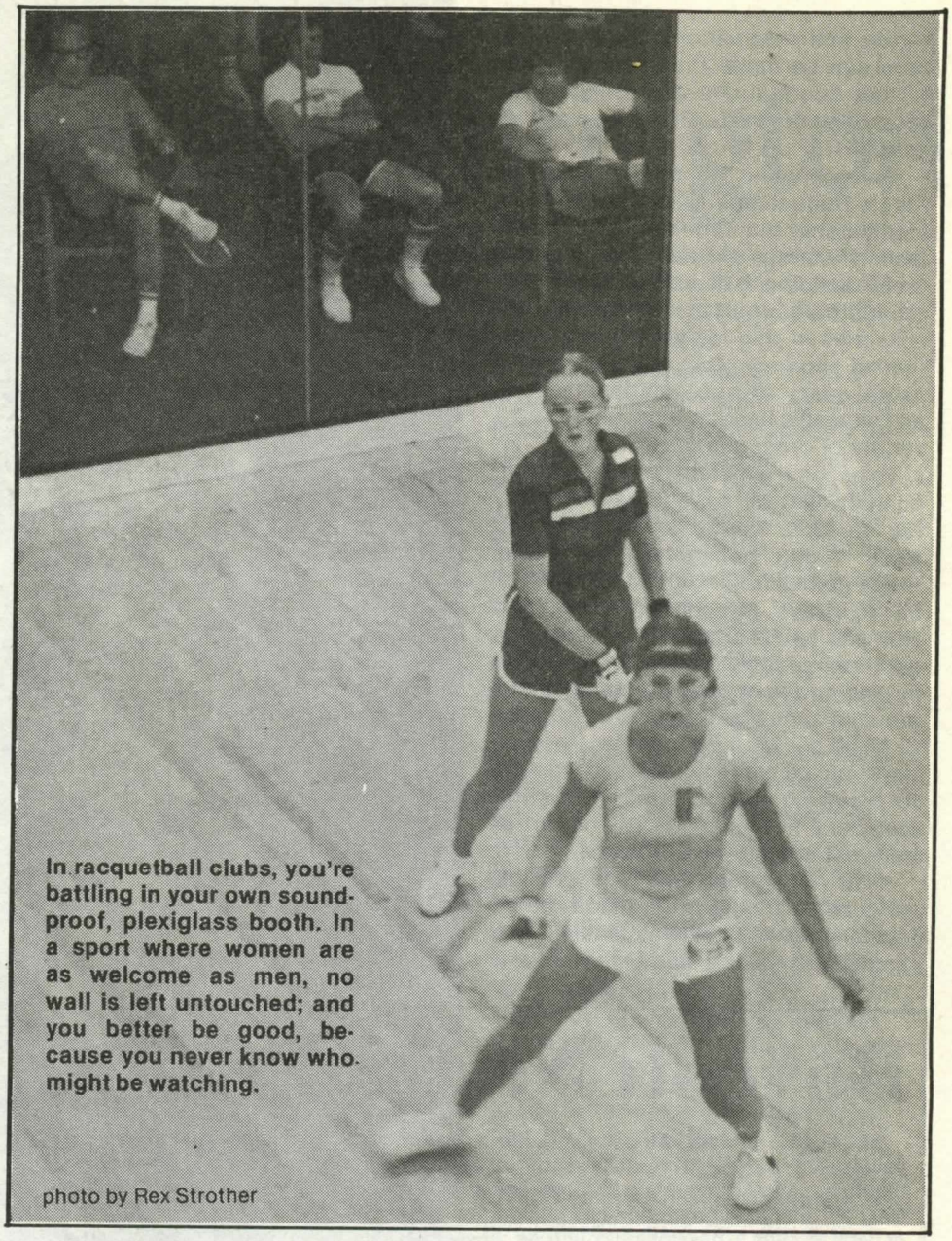
Marina High School, outdoor racquetball can be played during the day or night because of special lighting systems. The outdoor facilities are ideal for practicing different shots, and developing skills. However, there are several disadvantages to these facilities. Some of these disadvantages are inclement weather, sand and dirt on the court, and there usually is the problem of retreiving the ball after the rally. Finally, play at the outdoor facilities usually requires a waiting period due to the large number of players using the courts.

Students can use at least three racquetball clubs in the Huntington Beach High School area that have enclosed four wall courts. The three differ in price and options that are available to satisfy the players. These clubs are: Racquetball World and Health Club of Fountain Valley, which is located at 10115 Talbert in Fountain Valley; King's Racquetball Courts, which is located at 14731 Golden West Street in Westminister; and Racquetfun, located at 9872 Hamilton Avenue in Huntington

For players who enjoy the game of racquetball, lifting weights for conditioning, and playing in an enjoyable atmosphere in Southern California's largest facility, then Racquetball World and Health Club of Fountain Valley is the club to join. However, becoming a member of Racquetball World will cost an individual person an initiation fee of $225.00. In addition, the individual will have to pay $30.00 monthly dues. Family rates and company rates are available too. Non-members can play at Racquetball World at a rate of $3.00 per person per hour. The member's money is returned to the person through luxuries as the three million dollar facility contains twenty five racquetball courts in excellent condition (fifteen private courts and ten public courts). Three of the private courts have a glass back wall for observing play and are used by the members for challenge play.

Racquetball World contains separate men and womens' health club facilities. In addition, there is a multipurpose room, a large play area with an attendant for children ages two through six, an indoor twenty-five meter lap swimming pool, an outdoor jogging track, a snack bar, and a complete pro shop. Racquetball World is open from 6:00 AM to 11:00 AM on weekdays, 7:00 AM to 9:00 PM on Saturdays, and 8:00 AM to 9:00 PM on Sundays.

For members who want the activities that are included in Racquetball World but are not interested in lifting weights, then King's Racquetball Courts will probable be the club to choose. The advantage of King's Courts is their low price for membership. To become a member of King's Courts, there is an annual license which costs $50.00 for an individual. In addition, the individual will pay for court use, either an hourly fee or a quarterly fee. An hourly fee costs $2.50 per person during non-prime time and $3.50 per hour during prime time (Note: prime time is between the hours of 4:00 PM and 10:00 pm on weekdays, and 9:00 AM to 12:00 PM on weekends and holidays). Quarterly (three months) fees for unlimited play, are $90.00 for an individual. There are other membership options available too. Non-members can play at King's Court at a cost of $4.00 per person per hour during prime time, and $3.00 per person per hour during non-prime time.



In racquetball clubs, you're battling in your own soundproof, plexiglass booth. In a sport where women are as welcome as men, no wall is left untouched; and you better be good, because you never know who might be watching.

photo by Rex Strother

King's Courts contain only sixteen cement racquetball courts, two glass back wall courts and one all glass court. The all glass Royal Court is situated in an auditorium that seats four hundred people and is usually used for professional tournaments. The remaining facilities at King's Courts are a teaching program, a child care center, a pro shop, a coed jacuzzi, locker facilities, a snack bar, and several types of racquetball activities. Such activities are leagues at all levels of play, clinics, club tournaments every four months, men and women challenge ladders at each level of play, two open challenge courts for everyday use, several mini tournaments, and private parties. King's Racquetball Courts are open from 6:00 AM to 11:30 PM on weekdays, and 7:00 AM to 10:00 PM on weedends. Reservations by members can be made four days in ad-

vance and reservations by non-members can be made the same day. For further informations and reservations please call (213) 430-5719 or (714) 898-9841.

Racquetfun is almost identical to King's Racquetball Courts in price for membership but varies in quality. The main advantage of Racquetfun's glamorous building is it contains only ten racquetball courts. Additional accessories in this facility are a free attended nursery for children under seven years of age, whirlpools, men and women's saunas, a pro shop, and a variety of programs.

To become a member of Racquetfun, an individual will have to pay an hourly fee of $3.25 during prime time and $2.75 during non-prime time (Note: Prime time is from 4:00 PM to 10:00 PM on Mondays through Thursday, and 7:00 AM to 12:00 noon Saturdays). In addition, an individual will have to pay an annual fee of $60.00. Non-members are able to play at Racquetfun for a fee of $4.00 per hour per person. Reservations can be made two days in advance for members and the same day for non-members. For reservations and further information call (714) 963-0864.

If an individual enjoys exercising while participating with friends and enjoying oneself at a reasonable price, racquetball is the sport.

Patron of a local racquetball club, this young woman lunges for a return.

photo by Don Foster

Boycott Nestlé

BECAUSE: In Asia, Africa and Latin America, over 10 million babies fed on infant formula suffer "bottle baby disease" — diarrhea, malnutrition, brain damage and even death — every year. Nestle's unethical promotion has made it the world's leading seller of baby formula in developing countries, where misuse is inevitable.

BECAUSE: Since infant formula in poor countries can cost up to 60 percent of the family income, mothers are forced to dilute it — and babies starve. Poor families have too little fuel to sterilize baby bottles, lack refrigerators and have to use contaminated water. The bottle and formula then become carriers of disease. Studies show death rates are 2 to 3 times higher for bottle fed babbies than for breast-fed infants.

BECAUSE: If a woman is convinced to stop breast feeding, within a week her milk can dry up and she is forced to rely on infant formula. Nestle's free samples to mothers (often through doctors) can thus "hook" a mother on formula. Nestle also employs "milk nurses" — saleswomen in medical uniforms to sell their products to mothers in the hospital. Nestle supplies colorful posters and free medical equipment to hospitals; they give gifts to doctors to enlist their endorsement. In some areas, they **continue** to advertise through the mass media. Their aggressive promotion has persuaded millions of women to stop breast feeding and use formulas.

BECAUSE: For over eight years nutritionists, doctors and consumer groups have presented reports to Nestle showing that their promotion is contributing to a "bottle baby disaster." Despite these years of mounting criticism letters, delegations, and even a lawsuit — Nestle has made only the smallest changes in its promotion methods.

FOR MORE INFORMATION: Contact Better Earth (BEEP) club meeting in room 209 every Friday.

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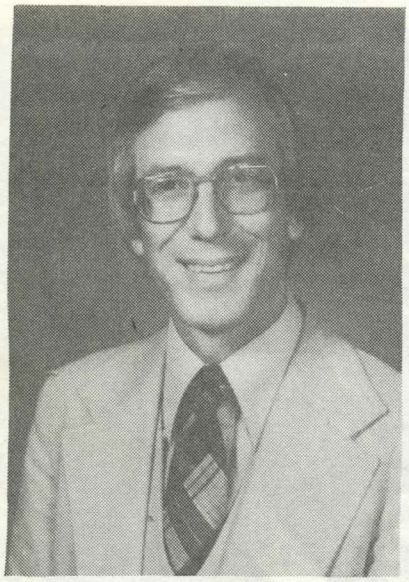


by Eric Held

HBHS will have a new principal next year. Principal Larry Lucas will be transferred to Fountain Valley High School. Mr. Tom Kolanoski, our district's Director of Instruction and former principal of Westminster High School, will become our principal next fall.

"I regret being separated from HB," said Dr. Lucas. "However, I'm also looking positively toward the change. It will be challenging because I'll be in a new situation. Some great challenges will certainly be awaiting Mr. Kolanski.

"Probably the greatest challenge for both of us will be getting to know the people at the new school." HBHS isn't exactly foreign to Mr. Kolanoski, for he served here as a counselor ten years ago, according to Dr. Lucas.

"I'm going to miss Dr. Lucas," said Mr. Owen Miller, Assistant Principal. "His innovative ideas in the curricular area have made our high school forerunner in the district." Among his major accomplishments are improved information and guidance services (such as the Advisor Program), a "standardized" English department and a broad student recognition program.

Dr. Lucas expresses school spirit by participating in this year's Halloween dress-up day.

"I feel good about the initial steps that have been made in achieving a standard of performance for English students," said Dr. Lucas. "This goal has been reached in Writing I, where, no matter who teaches, a certain level of expectation of performance has been established. The student must prove he is prepared."

A most memorable experience of Dr. Lucas is the annual Tower Awards ceremony, which he established in the spring of 1974. "I like to recognize students who have done well in school," said Dr. Lucas. "I was pleased with the turnout of this year's presentation."

Despite the success of these programs, Dr. Lucas still has some frustrations which can hopefully be solved by Mr. Kolanski. One of these is the inability to improve student attitudes about school, and the care of its facilities. Another, according to Dr. Lucas, is that too many students are not taking advantage of the opportunities offered by school, which has resulted in bad attendance, poor performance and lack of self-discipline.

Solving such problems will be a challenge to our new principal. Dr. Lucas is sure that Mr. Kolanski will continue strong programs and work to improve the school. They have known each other for a number of years, and Dr. Lucas described him as personable and outgoing, with a good sense of humor.

Still, Dr. Lucas will be missed. "He is a man of the highest caliber and has led Huntington during the last seven years toward continuing improvement," said Ms. Ann Chlebicki, Assistant Principal. "I'm excited for him in his new challenge. It will certainly give him an opportunity to grow professionally."

"I'm sorry to see him leave," commented Mr. Vern Vallercamp, Assistant Principal. "I've enjoyed working with him these past few years. He has much to offer our district and I wish him well at Fountain Valley."

What's exciting about Huntington Beach High School is that it's a history of 75 years and has a foundation like no other. "It's dynamic." said Dr. Lucas. "Students, parents and staff are constantly working toward improvement, not hung up on the past. As a result, our school has the finest programs available, and the students are broader. We should be proud of our products, such as fine arts, athletics and journalism."

"By day I'm Mr. Natural

just as healthy as can be ...

by Jill Bertelli

The trend in health food is fast overtaking the junk food junkies. The health food nut is now buying wheat germ and soy beans instead of Twinkies and Cheetos. On his list of food to buy at the local health food store is raw milk, yogurt, bean and alfalfa sprouts, bran, natural vitamins, and honey-carob ice-cream for dessert. Last year the health food nut spent over $1 billion feeding his habit.

Health foods are natural foods made without artificial ingredients or preservatives. Health food advocates claim that there is a higher nutritional value in health foods that are not pasteurized or processed.

An example of an unpasteurized food is raw milk. Milk drank raw contains the original nutrients and is much healthier.

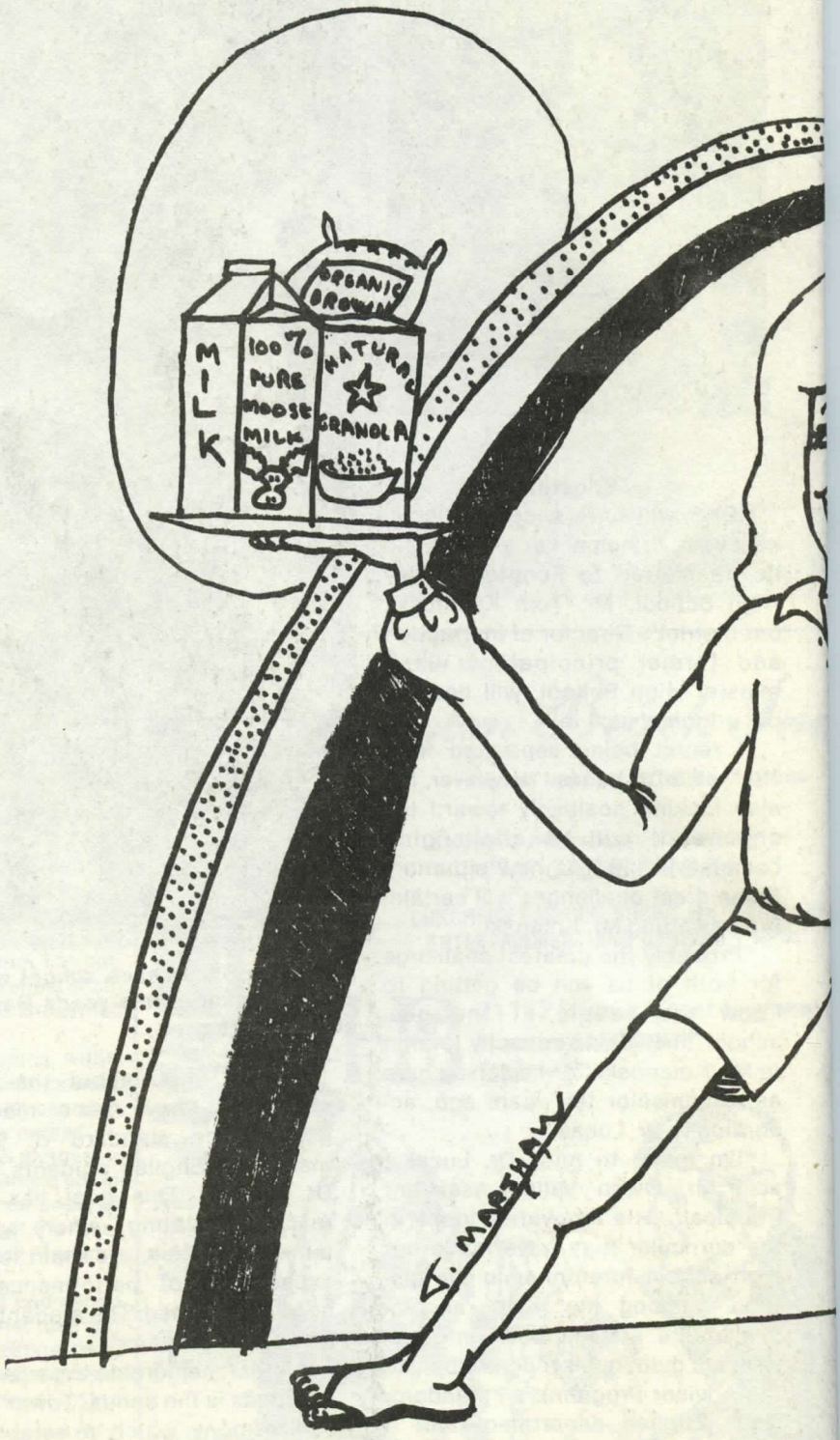
Chicken and meat are often raised with hormones. These hormones increase the size and speed of the animals growth. Chicken and meat without these hormones can be purchased at most health food stores.

Chemicals and pesticides added to fruit and vegatables to stimulate growth and size are found in and on supermarket produce. Fruit and vegatables grown without harmful additives are often in local health food stores. This produce is more natural and better for the body.

Vitamins are a major part of the health food nut's daily diet. Natural vitamins can be purchased in the health food store at a high price. "There is no known difference between natural and synthetic vitamins," stated Dave Ryan of Pure Life Health Club. The only difference is found in the price, the natural being the higher.

Health food stores also carry food that eliminates or reduces sugar and salt. The government has stated that Americans use 80% more salt than is needed. Sugar is consumed in unhealthy amounts like salt. An average American eats about 50 pounds of sugar a year. This exceeds any healthy amount.

People are becoming more conscious of what they eat. The demand for natural food is growing. Both natural and junk food are here to stay for awhile, but eating healthy is becoming more and more popular.



... By night I'm a Junk Food Junkie

Good lord have pity on me."

Words from "Junk Food Junkie" courtesy of Peaceable Kingdom Records

bv Todd Marshall

The "Junk Food Junkie," one of the most common addicts around today "feeds" his habit with sugar-saturated Twinkies, Oreos, and Ding Dongs. He gets "high" on Snickers, Cheetos and Pringles. Instead of secretly dealing with the local pusher under-the-counter, he goes out and gets a fix at McDonalds, Carls Jr. or Jack in the Box.

What is considered "junk food?" Dr. William Bryce, a nutrition counselor in Long Beach, gave his views. "Hot dogs, hamburgers, pizzas, etc. Any food that contains sugars (aka Glucose, Sucrose, Corn Syrup and Corn Sweeteners) and expecially white flour is junk food. Coke, Pepsi, Dr. Pepper, coffee and other beverages that contain caffeine are also bad for the body."

As far as withdrawal dangers, when you eat candy bars and things like that for "quick energy," you cause your pancreas to put out more insulin because of the sugar that raises your blood pressure level. But soon the sugar wears off, your pancreas slows down, and your blood pressure level drops like a lead balloon. This causes you to feel week again so you eat another one and it starts all over again. So, for that quick bit of energy, you're also bringing your blood pressure level down more and more.

Why is junk food so popular with people? Dr. Bryce says, "Because of its convenience. When people go out to a fast food resaurant for food, they're actually saying 'Hey, lets go get some junk food!' People's taste also has a lot to do with junk foods popularity. Most people have grown up on poor diets and they're not used to snacking on nutritious foods such as fruits and vegetables. Because of this poor nutrition, over 70% of the people in the U.S. are hypoglycemic, which means they have low blood sugar. Symptoms of low blood sugar are tiredness, fatigue and, generally, lack of energy."

Dr. Bryce thinks that junk food will always be a part of peoples' lives, but will decrease somewhat in the future. "As people learn what they're eating in junk food and as they get used to healthier foods, its popularity will drop slowly."

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